

A Negative Pregnancy Test

You have just taken a pregnancy test and the results are negative. You may feel relief for the moment, but then you realize that you still don't have an answer to why you haven't started your period. Here are a few possibilities recognized by the medical community:

EARLY PREGNANCY

A pregnancy test measures HCG hormones present in your urine. These hormones are present during pregnancy, but it takes a few weeks for the hormone level to rise to the level they can be detected with a urine test. This is why it is very important to avoid any alcohol or drug use, as well as other behaviors that could harm the growing fetus until you know for sure that you are not pregnant.

OVARIAN CYSTS

Ovarian cysts can cause irregular periods and irregular ovulation. This can make it challenging to become pregnant.

STRESS (PHYSICAL OR EMOTIONAL)

Excess physical or emotional stress, a very high or very low body weight or a recent substantial weight gain or loss can disrupt production of hormones and affect ovulation. If you have been under a lot of pressure lately, your body may be letting you know. Talk with someone who will listen to you and can help you to find the support you need.

BIRTH CONTROL

Birth control such as the pill, shot, patch, implants, etc. can cause your periods to be lighter or stop altogether. You need to contact your physician if you suspect this might be the cause.

BREASTFEEDING

The body can prevent ovulation (release of an egg to be fertilized) when a woman is breastfeeding.

This information is to educate you on some of the possible causes of amenorrhea (lack of menstrual period). It is not a substitute for an appointment with your physician.

**YOU COULD STILL BECOME PREGNANT
EVEN IF YOU ARE NOT HAVING A PERIOD**